

CASE STUDY

SK LOMMEL



SK Lommel FC play in the premier division of the Belgian League that was founded in 1932 and has been owned by the City Football Group since 2020. In November 2025 SK Lommel opened their new City Football Academy close to their Soeverein stadium. The complex is not only intended to strengthen the Club's sporting operations, but also to serve as an environment where young talent can develop in an inspiring and professional setting. The Club had a small gym at the Stadium along with a training pitch, the new facility includes a 400sqm gym and six training pitches.

Having vast experience in equipping new training facilities around Europe including AS Monaco FC, RC Strasbourg FC, OCG Nice FC plus many of the top English clubs' training facilities including Manchester Utd FC, Manchester City FC, Sunderland FC, Brentford FC and Fulham FC, Perform Better were selected to design and equip the Strength and Conditioning room in the new facility. Working closely with the architects and Lommel Performance team the equipment specification and room designs were finalised.

The PB install team set up the facility in mid October ready for the team to move in mid November.



EQUIPMENT

- Half Racks x6
- Adjustable Benches x10
- Olympic Bar and Disc sets
- Dumbbell Set
- Kettlebell Set
- Dual Leg Press
- Leg Extension
- Standing Leg Curl
- Glute Drive
- Keiser Functional Trainer x2
- ISO Testing Rack
- Concept Bikes x 12
- Assault Bike
- Concept Rowers x 2
- Concept Ski Erg
- Spirit Treadmill
- Spirit Cross Trainer
- Smart Hurdles
- DC Blocks
- Mats
- 30mm Performance Flooring
- Turf Track